

Children's Education Series  
Book - 7

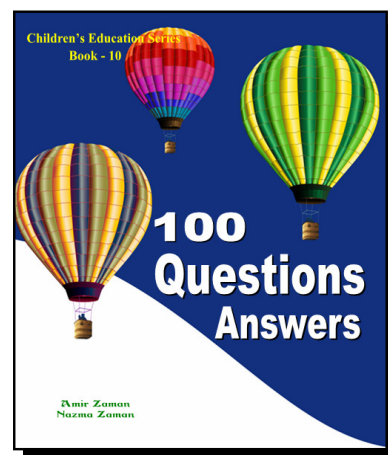
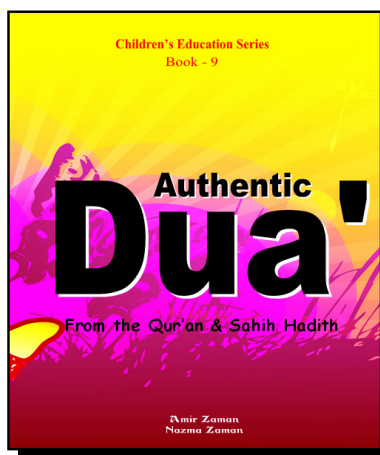
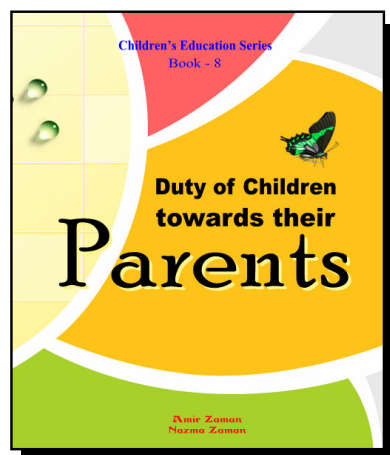
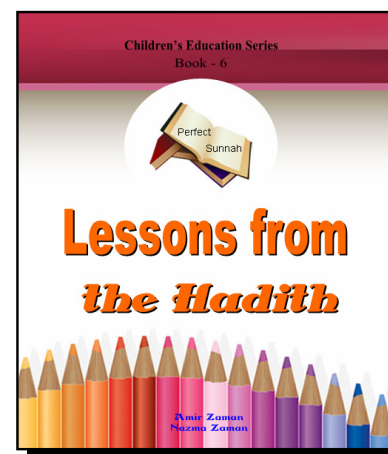
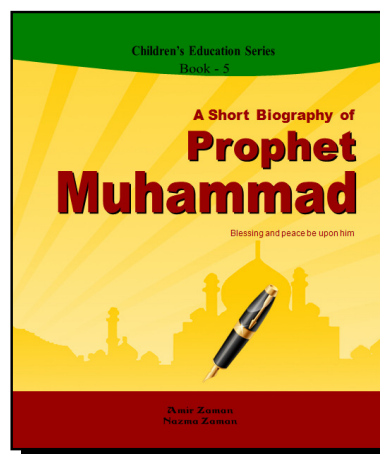
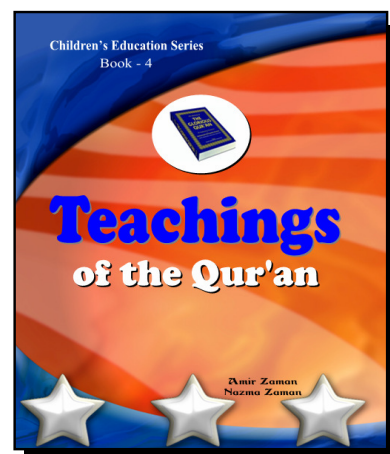
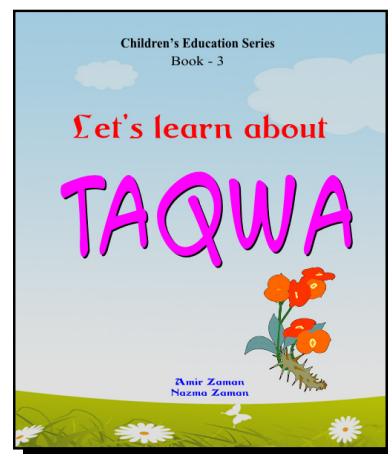
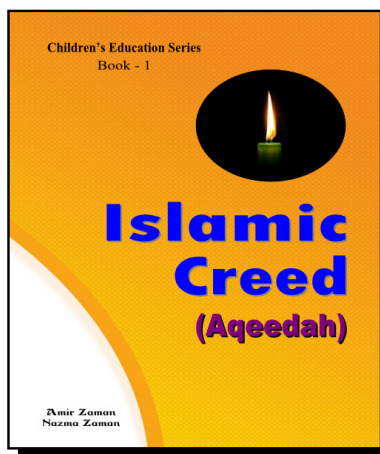
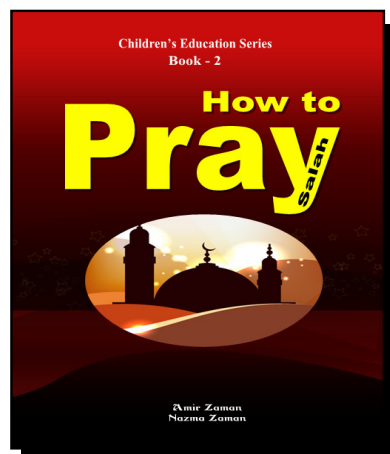


# **ISLAMIC ADAB**

(Good Manners/Etiquette)

Amir Zaman  
Nazma Zaman

# Children Education Series - Book 1 to 10



*"Assalamu-Alaikum" Peace be upon you*

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# Preface

بِسْمِ اللَّهِ الرَّحْمَنِ الرَّحِيمِ

Good manners are appreciated universally in all religions and cultures. But Islam has put greater emphasis on manners and has made it part of the religious practice, to be exercised at every step of life. The Glorious Qur'an and the Ahadith of Rasulullah (Blessings and peace be upon him) contain instructions on manners (Adab in Arabic), some of which are being described in this booklet under different sub-headings for easy comprehension and practicing. Exercising Adab in different situations makes a person praiseworthy and honourable in the society. Good examples of Adab encourage others to learn and practice them.

There is a Hadith of Rasulullah (Blessings and peace be upon him) to the effect that once he said: I have been sent to teach you good manners (Adab).

We hope our booklet will serve as a helpful handbook for the readers of all ages and genders.

Amir Zaman  
Nazma Zaman

When the name of Allah is cited, say:

*Subhanahu wa ta'ala*

(Allah is Holy, He is Great)

When the name of Prophet Muhammad is  
spoken or heard, say:

*Sallallahu 'alaihi wa sallam*

(Allah's blessing & peace be upon him)

When the name of any other Prophet is  
spoken or heard, say:

*Alaihes Salam*

(Allah's peace be upon him)





When the name of a Sahabi  
(Companion) of Prophet Muhammad is  
spoken or heard, say: *Radhiallahu*  
*anhu* (May Allah be pleased with him)  
Sahaba is plural of Sahabi, meaning  
Companions.

In case of a female Companion (Sahabia)  
say: *Radhiallahu anha* (May Allah be  
pleased with her)

While starting any activity, say: *Bismillah*  
(I am beginning it in the name of Allah)



While entering your own house or apartment, say: *Bismillah*.

(I am beginning (entering) it in the name of Allah)

When a good news is heard, or gratitude to Allah is to be expressed for any reason, (after eating dinner or lunch, etc.,) say:

*Alhamdulillah*

(All praises belong to Allah alone)

When someone departs from you; say:  
*Fi-amanillah* (I place you to the safety and protection of Allah)





When something strange is heard, say:

*Subhanallah*

(Allah is Holy, Allah is Great)

To express gratitude to anyone for something good/nice done to you, say:

*Jazakallahu Khairan*

(May Allah grant you better rewards)

When entangled in a problem, say:

*Tawakkalullah* (I depend upon Allah)

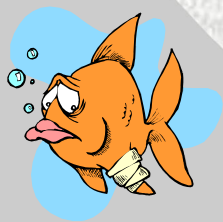




When sleep is broken in the morning, say: *Lailaha illallah*  
(There is none to be worshipped except Allah)

While sneezing, say: *Alhamdulillah*  
(All praises belong to Allah alone)

While joining a Du'a (supplication) said by others, say: *Ameen*  
(O Allah! Accept our supplication)



While in pain, say:  
*Ya Allah* (O Allah)

For any promise or for intending to do  
anything in future, say: *Insha Allah*  
(If Allah wishes)

If any objectionable thing is done, or you  
come across any obscene/hateful thing, or  
hear hateful/obscene news, say:

*Astagh firullah*  
(O Allah! I seek your pardon)





While expressing hate for anything,  
say: *Nauzubillah*  
(I seek Allah's shelter)

When death-news of a Muslim (male or  
female) is heard, say: *Inna lillahe wa  
inna ilaihe raje'un*  
(We are for Allah and we will return to Him)



Not to sever connection with blood relations. To fulfill the obligations due to the relations.

- (a) To maintain good personal character;
- (b) never to break a trust;
- (c) never to misappropriate (embezzle) other's money or property;
- (d) never to break a contract or promise.
- (e) never to tell a lie.





- (a) to behave politely with others;
- (b) to treat others or decide matters with justice (Insaaf);
- (c) to pay, repay whatever is due to others on time.

- (a) to maintain personal hygiene and cleanliness 24/7;
- (b) to keep own surroundings neat and clean,
- (c) free from dirt and bad smell all the time;
- (d) to put on clean and odor-free dress;
- (e) to brush teeth regularly;
- (f) to use perfume (fragrance)



To help the poor (relative and others), orphans, sick, women and children, wayfarers, etc. Not to rebuke a person asking for help.

To take best care of the parents, listen to their orders, never to misbehave with them, show them due respect in all matters, make them comfortable in all respects. Children disobedient to their parents cannot expect to enter Jannat (Heaven, Paradise), says a Hadith of Rasulullah (bpuh).





To take care of near relations and neighbors,  
help them when asked for.

To have patience and depend on Allah  
(Tawakkaul) on all matters.

To respect the elders, love the children, to  
give service to the old people and the sick.

To use the right hand while giving  
something to and taking some thing from  
others.



To use the left hand for cleaning after using the toilet. Not to pee standing. No to do toilet facing Qiblah.

To answer a question smilingly.

To accept a gift smilingly and say “Thank you”; to give gift to others. Exchange of gifts increases love and affection among all.





To behave well with others;  
never to be arrogant.

To control anger.  
Not to scream at others.

To accept an invitation, thank that person.  
In case of inability to accept the invitation,  
refuse it politely with thanks stating the  
reason for your inability.

▪



Not to put anybody to shame; not to harm anybody wilfully; not to wish bad for others; not to use abusive language with anybody; not to seek for faults and spread bad names of others.

To behave nicely with the guests and take good care of them.

Hijab is a part of Ibadah for both men and women. Not to wear vulgar dress. Women and girls to wear Hijab all over the body, not only tying a scarf around the head because that's not the real Hijab.

Women should not wear perfume while going out of home because fragrance attracts men to them.





To do good work and encourage others to do so.

To lead a simple life free from extravagance; to adopt a middle course in all matters avoiding extremes. To maintain a happy appearance and attitude all the time. Such style of life will encourage others to change towards better.

To shun pride, greed, miserliness and extravagance. Not to waste money (wealth) or time. Allah does not like an extravagant or wasteful person.



To repay loan on time. Not to borrow paying interest. Interest is Haram.

Not to speak ill of other religions or their adherents. Tolerance is always recommended.

Not to eat or drink anything in standing position, always to do so sitting.

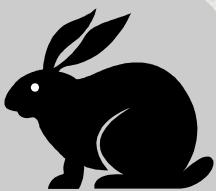




To put forward the right foot first while entering a mosque and put forward the left foot first while leaving the mosque.

While wearing socks and shoes, start with the right foot first and then the left foot.

While wearing dress, start from the right side first and then the left side.



To take food or drink by the right hand, saying Bismillah first.

To start eating food from front side of the plate, not middle or other side of the plate.

Drinking water, milk, tea, coffee or juice in standing position is not recommended.

Never waste any food or drink. Wherever you are. Allah dislikes waste and wasteful habit.





To shave the unwanted hair of underarms and of the pubic zone regularly within 40 days. This is a part of personal hygiene strongly emphasized in the Hadith.

To trim the nails in hands and toes regularly. As well, males should get their hair cut nicely on a regular basis.

To wash hands and face and get refreshed soon after returning home from outside. Making Wudu is preferable. Make a habit of remaining in the state of Wudu all day long.



While inside a mosque, place your shoes neatly on the shoe rack. It is praiseworthy if you place others' shoes as well on the shoe rack neatly.

Don't waste water or splash water around while making Wudu. Wipe around the sink after Wudu with a paper towel. Wipe the wet floor too and leave it dry.

During the winter season, hang your Jackets neatly on the hangers provided therefore inside the Mosque.

Never to criticize or show contempt to others.  
Never to judge a person on the basis of his wealth or poverty. Never to call names of others.





Put garbage inside the correct bins.

Never to underestimate any person without knowing him well. Never to form a negative opinion about any person on the basis of others' adverse report before verifying the truth. Not to take a hasty decision without proper verification of the relevant facts and figures. Not to pry into other's privacy.



So far we have discussed about Islamic manners, meticulous practicing of which will build the fabric of our life on earth for enjoying bliss in the life after death. Now let us turn own attention to some other very important aspects and activities essential for leading an ideal Islamic life.





## Practicing Salam

Practice offering Salam to everyone because our beloved Prophet Muhammad (Blessing and Peace be upon him) has advised us to do so. This Sahih Hadith should guide us all through our life as Muslims. “*As-salamu ‘alaikum*” means “Peace be upon you” which seeks Allah’s pleasure and blessing for both the parties involved.

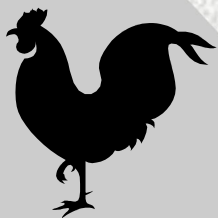


- a. Offer Salam loudly before entering a Muslim residence other than your own. Offer Salam again when you meet anyone inside.
- b. Make a habit of offering Salam to all – elders and children, male and female, inside and outside your residence.
- c. Offer Salam while entering your own residence. Also seek permission before you enter another's room.
- d. Offer Salam while entering an empty (vacant) house too because the angels of Rahmat are present inside.
- e. Offer Salam after rising from bed to whoever you meet.





- f. Offer Salam while entering an empty (vacant) Masjid because angels of Rahmat are present inside.
- g. Offer Salam to the members of your family before you go to bed.
- h. Offer Salam when your phone rings and you pick it up.
- i. Offer Salam when you call anybody and again offer Salam after finishing your conversation.
- j. Offer Salam before you take leave from someone.
- k. Say “*As-salamu ‘alaikum*” (peace be upon you); never say “*Slamalaikum*” which carries no meaning at all.



## Physical Cleanliness

Physical and mental cleanliness is essential for Ibadah to be acceptable to Allah. That's the reason why Muslims do Wudu (Ablution) before each and every Salat (prayer). Clean dress and a clean space are primarily essential for every Salah.





## **Daily 5 times Salat (Prayer)**

Daily Salat has to be performed on time. This is Allah's command. Therefore, do not neglect your prayer while outside at school, college, university, public library, shopping mall, office, factory, etc. Remaining in the state of Wudu all day long greatly helps saying the Salat on time wherever you are.



## **Computer, Ipods, Ipad, Video games, etc.**

Computer games, Ipods, video games, TV, movies (English, Bengali, Hindi or any other language) consume a large amount of time everyday. Reduce such wasteful habits, set a daily limit so that the time thus saved can be put to Ibadah or such other useful and healthy pursuits.





## **Movie, Music, Dancing, Etc.**

Cinema, music, dancing, etc., are not approved by Islam because those are in most cases, indecent. Moreover they spoil valuable time and waste of money too. Such things take the heart away from the remembrance of Allah, these are machinations of the Shaitan. These must be avoided. Rock music is particularly objectionable because these songs, in many cases, adore the Shaitan which is Shirk.



## **TV serials, Songs, etc.**

Similar is the case with drama, TV serials too. Hindi cinema and serials are particularly harmful to Islamic faith because those entertainments start and continue to show Hindu Idols (gods, goddesses, puja) and their culture, watching of which is Haram, and gradually weakens the Iman.

Many songs contain wordings contrary to Islamic belief. Therefore, must be avoided.





# Way of Anger Management

- 1) Physical movement – (sitting if standing and standing if sitting)
- 2) Physical relaxation – (closing eyes, deep breathing)
- 3) Mental distraction – (counting backwards)
- 4) Verbal engagement – (positive self-talk, reciting Dua' (supplication))
- 5) Cooling technique – (ablution or shower)
- 6) Meditation – (supplication, ritual nafil prayer, reading the Qur'an)



## When Angey

Make a habit of saying 'Auzubillahi minash-Shaitanir rajeem.

Allah the Exalted said (translation): "And if (at any time) an incitement to discord is made to you by Shaytan, seek refuge in Allah; He is the One Who hears and knows all things." Surah Fussilat (#41) V. 36

Sulayman bin Surdin noticed: I was sitting with the Messenger of Allah (pbuh) and two men were insulting each other, the face of one of them had become red, and his jugular veins had puffed up. So the Messenger of Allah (pbuh) said: "I surely know a word, would he have said it, that which he is experiencing would have left him. If he had said: 'A'uzu bil-lahi minash-Shaytanir-rajeem' that which he is experiencing would have gone away from him".

**Meaning:**

I solicit Allah's protection from the despicable Shaytan.

(Saheeh Bukhari and Muslim)





# Haram food ingredients

**Beware of Haram food and drinks. Always eat Halal:**  
Halal means permitted, and Haram means strictly prohibited by Allah. Please always keep in mind that fast food served in Canada and the U.S. are mostly not Halal.

Please check following ingredients when you buy any food.

Haram Food Ingredients		
Animal shortening	Investigate	*Animal fat shortening can be from beef fallow or lard. If it is from lard, then it is Haraam. If it is from beef fallow, then the animal has to have been slaughtered Islamically, otherwise it is Haraam.
Collagen (Pork)	Haraam	
Diglyceride (animal)	Haraam	
Enzyme (animal)	Haraam	
Fatty acid (animal)	Haraam	
Gelatin	Haraam	**Rennet/Pepsin: Rennet is a milk coagulant that is the concentrated extract of renin enzyme obtained from calves stomachs. Note: At the time of purchase, if you are unable to verify the fact, you can call the concerned company. The company's name and number is generally mentioned on the product, if not see the telephone directory.
Glyceride (animal)	Haraam	
Glycerol/glycerin (animal)	Haraam	
Hormones (animal)	Haraam	
Hydrolyzed animal protein	Haraam	
Lard	Haraam	
Lecithin (If soya then Halal)	Haraam	
Monoglycerides (animal)	Haraam	
Pepsin (animal)**	Haraam	
Phospholipid (animal)	Haraam	
Renin Rennet**	Investigate	
Shortening (animal)*	Haraam	
Whey**	Investigate	

# Listen to Adhan

Azan is the call to the Muslims to perform their 5 daily Salat on time.

You can download free Azan software in your computer from [www.islamicfinder.org](http://www.islamicfinder.org). Make a habit of listening to the Azan (keeping your computer on all the time) and saying your Salat every time on time. Allah will love you and bless you.



# **Keep in mind the 17 Harmful Effects of TV Watching**

1. Produces hypnotic effect, bypassing frontal lobe filtering.
2. Reduces interest in reading and learning.
3. Weakens brain power.
4. Encourages poor lifestyle habits.
5. Encourages obesity.
6. Increases daydreaming.
7. Weakens creativity.
8. May reduce our powers of discrimination.
9. Trans in non-reaction.
10. Influences viewers to regard violence lightly.
11. Makes children more irritable.
12. Increases aggressiveness.
13. Accelerates sexual activity.
14. Addictive
15. Reduces time available for productive achievement.
16. Steals time from family interaction.
17. Adversely affects spiritual pursuits.

**The End**